

What You Need to Know About the Omicron Variant, Testing, & Vaccines

COVID-19 Omicron Variant

- The Omicron Variant is about 5.4 times more contagious than the previous Delta Variant, which was even more contagious than the initial strain of COVID-19.
- Preliminary data indicates that the Omicron Variant might be less severe than the Delta Variant, but this is subject to change as more data is analyzed.

What to do when symptoms present

- Take a Rapid test. If positive, you have COVID-19. See "**What to do after testing positive**".
- If your Rapid test is negative, schedule a PCR test. If your PCR test is positive, you have COVID-19. See "**What to do after testing positive**".
- If you have no symptoms and have had a close contact, continue testing between days 3 and 7 of first contact. If negative results continue, you can resume public interaction, but please wear a mask in appropriate situations for the next 7 days.

What to do after testing positive

- Self-isolate for 10 days from onset of first symptoms.
- Consult your physician if symptoms worsen and/or breathing becomes difficult.
- You can be around others after those 10 days have passed and you have gone 24 hours with no fever without the use of fever reducing medication.

Information on Vaccines and Boosters

- Being vaccinated is the best way to protect yourself from serious illness and hospitalization.
- It is important to get your booster 6 months after your Pfizer or Moderna vaccination and 2 months after a J&J vaccination.
 - If you were diagnosed with COVID-19 after your first two doses, you can officially receive a booster shot when you are no longer contagious; however, some experts have encouraged people to wait an additional 90 days before receiving a booster shot. This recommendation is made because it is very unlikely to be re-infected with COVID-19 in that 90-day period.
- If you are fully vaccinated with a booster, the likelihood of a COVID-19 diagnosis is lower than someone who has not received a booster, and much lower than someone who is unvaccinated.

Masking Up

- Regardless of your vaccination status, you should be wearing a mask when indoors and around people outside of your immediate family.
- Regardless of your vaccination status, you should be wearing a mask when indoors and around people who may not be vaccinated.
- When outdoors, masks are not necessary unless you are in a crowd.

For more information on COVID-19 and State and Local resources, please visit

www.kathleenrice.house.gov/coronavirus or call (516) 739-3008.